

*Adopted:* \_\_\_\_\_

*Revised:* \_\_\_\_\_

## **533: WELLNESS**

### **I. PURPOSE**

The purpose of this policy is to ensure a school environment that promotes and protects students' health, well-being, and ability to learn by supporting healthy eating and physical activity.

### **II. GENERAL STATEMENT OF POLICY**

- A. The Eagle Ridge Academy Board of Directors recognizes that nutrition education and physical education are essential components of the educational process and that good health fosters student attendance and education.
- B. The school environment should promote and protect students' health, well-being, and ability to learn by encouraging healthy eating and physical activity.
- C. Eagle Ridge Academy encourages the involvement of students, parents, teachers, food service staff, and other interested persons in implementing, monitoring, and reviewing the school's nutrition and physical activity policies.
- D. Children need access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive.
- E. All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- F. Qualified food service personnel will: provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; accommodate the religious needs of the student body in meal planning and preparation and will provide clean, safe, and pleasant settings and adequate time for students to eat.

### **III. GUIDELINES**

- A. Foods and Beverages
  - 1. All foods and beverages provided by Eagle Ridge Academy as part of the school's food service program will be consistent with the current USDA Dietary Guidelines for Americans.
  - 2. Food service personnel will take every measure to ensure that student access to foods and beverages meet or exceed all federal, state, and local laws and guidelines.
  - 3. Food service personnel shall adhere to all federal, state, and local food safety and security guidelines.
  - 4. Eagle Ridge Academy will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals.
  - 5. Eagle Ridge Academy will provide students access to hand washing or hand sanitizing before they eat meals or snacks.

6. Eagle Ridge Academy will make every effort to provide students with sufficient time to eat after sitting down for school meals and will schedule meal periods at appropriate times during the school day.
7. Students will be allowed to eat during activities such as tutoring, club, or organizational meetings, when those activities are scheduled during mealtimes.

B. School Food Service Program/Personnel

1. Eagle Ridge Academy will provide healthy and safe school meal programs that strictly comply with all federal, state, and local statutes and regulations.
2. Eagle Ridge Academy shall designate an appropriate person to be responsible for the school's food service program, whose duties shall include the creation of nutrition guidelines and procedures for the selection of foods and beverages made available on campus to ensure food and beverage choices are consistent with current USDA Dietary Guidelines for Americans.
3. As part of the Eagle Ridge Academy's responsibility to operate a food service program, the school will provide continuing professional development for all food service staff.

C. Nutrition Education and Promotion

1. Eagle Ridge Academy will encourage and support healthy eating by students and engage in nutrition promotion that is:
  - a. offered as part of a comprehensive program designed to provide students with the knowledge and skills necessary to promote and protect their health;
  - b. part of health education classes as well as classroom instruction in other subjects where appropriate; and
  - c. enjoyable, developmentally appropriate, and includes participatory activities, such as promotions and taste testing.
2. Eagle Ridge Academy will encourage all students to make age appropriate, healthy selections of foods and beverages.
3. Eagle Ridge Academy will not withhold food or beverages as punishment.

D. Physical Activity

1. Students need opportunities for physical activity and to fully embrace regular physical activity as a personal behavior. Toward that end, health education will reinforce the knowledge and self-management skills needed to maintain a healthy lifestyle and reduce sedentary activities such as watching television;
2. Opportunities for physical activity may be incorporated into other subject lessons, where appropriate; and
3. Classroom teachers may provide short physical activity breaks between lessons or classes, as appropriate.

E. Communications with Parents

1. Eagle Ridge Academy recognizes that parents and guardians have a primary and fundamental role in promoting and protecting their children's health and well-being.
2. Eagle Ridge Academy will support parents' efforts to provide a healthy diet and daily physical activity for their children.
3. Eagle Ridge Academy encourages parents to pack healthy lunches and snacks and refrain from including beverages and foods without nutritional value.
4. Eagle Ridge Academy will provide information about physical education and other school-based physical activity opportunities and will support parents' efforts to provide their children with opportunities to be physically active outside of school.

#### **IV. IMPLEMENTATION AND MONITORING**

- A. After approval by the Board of Directors, the wellness policy will be implemented throughout Eagle Ridge Academy.
- B. School food service staff will ensure compliance within Eagle Ridge Academy's food service areas and will report to the food service program administrator, the building principal, or the executive director's designee, as appropriate.
- C. Eagle Ridge Academy's food service program administrator will provide an annual report to the executive director setting forth the nutrition guidelines and procedures for selection of all foods made available on campus.
- D. The executive director or designee will ensure compliance with the wellness policy and will provide an annual report of Eagle Ridge Academy's compliance with the policy to the Board of Directors.
- E. Eagle Ridge Academy will post this wellness policy on its website, to the extent it maintains a website.



Eagle Ridge Academy (ERA) is committed to providing a school environment that promotes and protects children’s healthy, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of ERA that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing school nutrition and physical activity policies.
- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Students in the district will have access to healthy foods throughout the school day, both through reimbursable school meals and other foods available throughout the school campus - in accordance with Federal and state nutrition standards.
- ERA will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity and will establish linkages between health education and school meal programs, and with related community services.
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school;
- The community is engaged in supporting the work of the District in creating continuity between school and other settings for students and staff to practice lifelong healthy habits; and
- ERA will establish and maintain an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

TO ACHIEVE THESE POLICY GOALS:

**Committee Role and Membership**

ERA will convene a representative district wellness committee (hereto referred to as the DWC) that meets at least four times per year to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of this district-level wellness policy (heretofore referred as “wellness policy”).

The DWC membership will represent all school levels (elementary and secondary schools) and include (to the extent possible), but not be limited to: parents and caregivers; students; representatives of the school nutrition program (e.g., school nutrition director); physical education teachers; health education teachers; school health professionals (e.g., health education teachers, school health services staff [e.g., nurses, health educators, and other allied health personnel who provide school health services], and mental health and social services staff [e.g., school counselors, psychologists]; school administrators (e.g., executive director, principal, vice principal), school board members; health professionals (e.g., dietitians, doctors, nurses, dentists); and the general public. To the extent possible, the DWC will include representatives that reflect the diversity of the community.

**Leadership**

The designee(s) will convene the DWC and facilitate development of and updates to the wellness policy, and will ensure the school’s compliance with the policy.

The designated official for oversight is Jason Ulbrich, Executive Director.

The name(s), title(s), and contact information (email address is sufficient) of this/these individual(s) is (are):

Name	Title / Relationship to the School or District	Email address	Role on Committee
Jason Ulbrich	Executive Director	julbrich@eagleridgeacademy.org	Designate official for oversight
Jody Bertness, RD	Food Service Specialist	jbertness@eagleridgeacademy.org	Assists in the evaluation of the wellness policy implementation
Natalie Snyder, RN BSN PHN	Licensed School Nurse	nsnyder@eagleridgeacademy.org	Assists in the evaluation of the wellness policy implementation
Neal Boegel	High School Physical and Health Education	nboegel@eagleridgeacademy.org	Assists in the evaluation of the wellness policy implementation

Each school will designate a school wellness policy coordinator, who will ensure compliance with the policy.

## WELLNESS POLICY IMPLEMENTATION, MONITORING, ACCOUNTABILITY AND COMMUNITY ENGAGEMENT

### **Implementation Plan**

ERA will develop and maintain a plan for implementation to manage and coordinate the execution of this wellness policy. The plan delineates roles, responsibilities, actions and timelines specific to the school; and includes information about who will be responsible to make what change, by how much, where and when; as well as specific goals and objectives for nutrition standards for all foods and beverages available on the school campus, food and beverage marketing, nutrition promotion and education, physical activity, physical education and other school-based activities that promote student wellness.

It is recommended that the school use the [Healthy Schools Program online tools](#) to complete a school-level assessment based on the Centers for Disease Control and Prevention's School Health Index, create an action plan that fosters implementation and generate an annual progress report. This wellness policy and the progress reports can be found at: [www.eagleridgeacademy.org](http://www.eagleridgeacademy.org)

### **Recordkeeping**

ERA will retain records to document compliance with the requirements of the wellness policy at ERA's District's Administrative Offices and/or on ERA's central computer network. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy;
- Documentation demonstrating that the policy has been made available to the public;
- Documentation of efforts to review and update the Local Schools Wellness Policy; including an indication of who is involved in the update and methods the district uses to make stakeholders aware of their ability to participate on the DWC;
- Documentation to demonstrate compliance with the annual public notification requirements;
- The most recent assessment on the implementation of the local school wellness policy;
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

### **Annual Notification of Policy**

ERA will actively inform families and the public each year of basic information about this policy, including its content, any updates to the policy and implementation status. ERA will make this information available via the school website and/or district-wide communications. ERA will provide as much information as possible about the school nutrition environment. This will include a summary of ERA's events or activities related to wellness policy implementation. Annually, ERA will also publicize the name and contact information of the school officials leading and coordinating the committee, as well as information on how the public can get involved with the school wellness committee.

### **Triennial Progress Assessments**

At least once every three years, ERA will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which ERA is in compliance with the wellness policy;
- The extent to which ERA's wellness policy compares to the Alliance for a Healthier Generation's model wellness policy; and
- A description of the progress made in attaining the goals of ERA's wellness policy.

The position/person responsible for managing the triennial assessment and contact information is \_\_\_\_\_ (*list the person responsible here, their title, and their contact information*) \_\_\_\_\_.

The DWC, in collaboration with individual schools, will monitor schools' compliance with this wellness policy.

ERA will actively notify households/families of the availability of the triennial progress report.

### **Revisions and Updating the Policy**

The DWC will update or modify the wellness policy based on the results of the annual School Health Index and triennial assessments and/or as District priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. **The wellness policy will be assessed and updated as indicated at least every three years, following the triennial assessment.**

## **Community Involvement, Outreach and Communications**

- ERA is committed to being responsive to community input, which begins with awareness of the wellness policy.
- ERA will actively communicate ways in which representatives of DWC and others can participate in the development, implementation and periodic review and update of the wellness policy through a variety of means appropriate for the school.
- ERA will also inform parents of the improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards.
- ERA will use electronic mechanisms, such as email or displaying notices on the district's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of the content of, implementation of, and updates to the wellness policy, as well as how to get involved and support the policy.
- ERA will ensure that communications are culturally and linguistically appropriate to the community and accomplished through means similar to other ways that the district and individual schools are communicating important school information with parents.
- ERA will actively notify the public about the content of or any updates to the wellness policy annually, at a minimum.
- ERA will also use these mechanisms to inform the community about the availability of the annual and triennial reports.

## **I. NUTRITIONAL QUALITY OF FOODS AND BEVERAGES SOLD AND SERVED ON CAMPUS**

### **School Meals**

Meals served on campus will:

- Be appealing and attractive to children;
- Be served in clean and pleasant settings;
- Meet at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Offer a variety of fruits and vegetables;
- Serve only low fat (1%) and fat-free milk and nutritionally-equivalent non-dairy alternatives (to be defined by the USDA); and
- Ensure that half of the served grains are whole grain.



In addition, ERA will share information about the nutritional content of meals with parents and students. Such information could be made available on menus, or newsletters and will be posted on the school website.

### **Breakfast**

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn:

- ERA will encourage parents to provide a healthy breakfast for their children through newsletter articles, take-home materials, or other means.

### **Free and Reduced-priced Meals**

ERA will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price school meals. Towards this end, ERA may utilize electronic identification and payment systems.

### **Meal Times and Scheduling- ERA:**

- Will provide students with at least 20 minutes for lunch;
- Should not schedule tutoring, clubs, or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- Will schedule lunch periods around recess periods;
- Will provide student access to hand washing or hand sanitizing before they eat meals or snacks.

### **Sharing of Foods and Beverages**

ERA will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets. ERA will provide allergy free tables for students with peanut and other allergens.

### **Lower School**

The school food service program will approve and provide all food beverage sales to students in Lower School. Given young children's limited nutrition skills, food in the Lower School should be sold as a balanced meal. If available, foods and beverages sold individually should be limited to low-fat and non-fat milk, fruits, and non-fried vegetables.

### **Middle School and High School**

In Middle and High School, all foods and beverages sold individually outside the reimbursable school meal program (such as those sold through our Grab and Go cooler, the Nest cafe or fundraising activities) during the school day or through programs for students after the school day, will meet the following nutrition and portion size standards:

#### Beverages:

- Allowed: water; fruit and vegetable juices and fruit based drinks that contain at least 50% fruit juice that do not contain additional caloric sweeteners; unflavored low-fat or fat-free milk and nutritionally-equivalent non-dairy beverages (to be defined by the USDA);
- Not Allowed: soft drinks containing caloric sweeteners; sports drinks; iced teas; fruit-based drinks that contain less than 50% real fruit juice or that contain additional caloric sweeteners.

#### Foods:

- A food item sold individually:
- Will have no more than 35% of its calories from fat (excluding nuts, seed, peanut butter, and other nut butters) and 10% of its calories from saturated and trans-fat combined;
- Will have no more than 35% of its weight from added sugars;
- Will contain no more than 230 mg of sodium per serving for chips, cereals, crackers, French fries, baked goods, and other snack items; will contain no more than 480 mg of sodium per serving for pastas, meats, and soups; and will contain no more than 600 mg of sodium for pizza, sandwiches, and main dishes.

#### **Portion Sizes**

Limit portion sizes of foods and beverages sold individually to those listed below:

- One and one-quarter ounces for chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit, or jerky;
- One ounce for cookies;
- Two ounces for cereal bars, granola bars, pastries, muffins, doughnuts, bagels, and other bakery items;
- Four fluid ounces for frozen desserts, including, but not limited to low-fat or fat-free ice cream;
- Eight ounces for non-frozen yogurt;
- Eighteen fluid ounces for beverages, excluding water; and
- The portion size of a la carte entrees and side dishes, including potatoes, will not be greater than the size of comparable portions offered as part of school meals. Fruits and non-fried vegetables are exempt from portion-size limits.

#### **Fundraising Activities**

To support children's health and school nutrition-education efforts, school fundraising activities will not involve food or will use only foods that meet the above nutrition and portion size standards for foods and beverages sold individually. ERA will encourage fundraising activities that promote physical activity.

## **Snacks**

Snacks served during the school day will make a positive contribution to children's diets and health, with an emphasis on fruits and vegetables as the primary snacks and water as the primary beverage. ERA will assess if and when to offer snacks based on timing of school meals, children's nutritional needs, children's ages, and other considerations.

## **Celebrations**

ERA will limit celebrations that involve food during the school day to no more than one party per class per month. Each party should include no more than one food or beverage that does not meet nutrition standards for foods and beverages sold individually (above).

## **Nutrition Education**

ERA will teach, model, encourage and support healthy eating by all students. ERA will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other classroom instruction through subjects such as math, science, language arts, social sciences and elective subjects;
- Includes enjoyable, developmentally-appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products and healthy food preparation methods;
- Emphasizes caloric balance between food intake and energy expenditure (promotes physical activity/exercise);
- Links with school meal programs, cafeteria nutrition promotion activities, school gardens, Farm to School programs, other school foods and nutrition-related community services;
- Teaches media literacy with an emphasis on food and beverage marketing; and
- Includes nutrition education training for teachers and other staff.

## II. PHYSICAL ACTIVITY PROMOTION

### Integrating Physical Activity into the Classroom Setting

For students to receive the nationally recommended amount of daily physical activity (i.e., at least 60 minutes per day) and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond physical education class. Toward that end:

- Classroom health education will complement physical education by reinforcing the knowledge and self-management skills needed to maintain a physically-active lifestyle and to reduce time spent on sedentary activities, such as watching television;
- Opportunities for physical activity will be incorporated into other subject lessons; and
- Classroom teachers will provide short physical activity breaks between lessons or classes, as appropriate.

### **Daily Recess**

All Lower School students will have at least 20 minutes a day of supervised recess, preferably outdoors, during which ERA should encourage moderate to vigorous physical activity through the provision of space and equipment. All Upper School students have a supervised scheduled recess of 20 minutes per day during their lunch hour.

### **Physical Activity Opportunities Before and After School**

The Eagles Lair will provide and encourage-verbally and through the provision of space, equipment, and activities-daily periods of moderate to physical activity for all participants.

### **Physical Activity and Punishment**

Teachers and other school and community personnel will not use physical activity or withhold opportunities for physical activity as punishment.

## **Physical Education**

ERA will provide students with physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education.

- All students will be provided equal opportunity to participate in physical education classes. ERA will make appropriate accommodations to allow for equitable participation for all students and will adapt physical education classes and equipment as necessary.
- All elementary students in each grade will receive physical education for at least 60-89 minutes per week throughout the school year.
- All secondary students (middle and high school) are required to take the equivalent of one academic year of physical education.

The District physical education program will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool) and will use criterion-based reporting for each student.

### **Classroom Physical Activity Breaks (Elementary and Secondary)**

ERA recognizes that students are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, students will be offered **periodic opportunities** to be active or to stretch throughout the day on all or most days during a typical school week. ERA recommends teachers provide short (3-5-minute) physical activity breaks to students during and between classroom time at least three days per week. These physical activity breaks will complement, not substitute, for physical education class, recess, and class transition periods. ERA will provide resources and links to resources, tools, and technology with ideas for classroom physical activity breaks. Resources and ideas are available through [USDA](#) and the [Alliance for a Healthier Generation](#).

### **Before and After School Activities**

The District offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods. The District will encourage students to be physically active before and after school by providing:

- Extra-curricular sports activities
- Fitness center and walking track for certified students ages 14 and up
- Physical activities during afterschool TEL program
- After school physical activity clubs

### **Staff Wellness and Health Promotion**

The DWC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff. The subcommittee leader's name is Kari Lyon.

Schools in the District will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. Examples of strategies schools will use, as well as specific actions staff members can take, include:

- Publish a Wellness Newsletter on a regular basis, offering insight to wellness tips.
- Provide access to free or low cost fitness activities, including fitness classes, walking track, fitness center, etc.
- Provide access to low cost healthy food options in ERA's lunch program including a "staff only" salad bar.

The District promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost.

### **Professional Learning**

When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help District staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts.

## MONITORING AND POLICY REVIEW

### **Monitoring**

The Executive Director will ensure compliance with established district-wide nutrition and physical activity wellness policies. In each division, the Division Director will ensure compliance with those policies in his/her division and will report on the division's compliance to the Executive Director.

### **Policy Review**

To help with the initial development of ERA's wellness policies the Licensed School Nurse will conduct a baseline assessment of the school's existing nutrition and physical activity environments and policies. The results of those assessments will be compiled to identify and prioritize needs.

Assessments will be repeated every three years to help review policy compliance, assess progress, and determine areas in need of improvement.